



# DENISE BARD

SPEAKER | AUTHOR

## INTRODUCTION

Denise is a speaker and author known for her book "30 Second Moments And The Women Who Raised Me."

Denise's journey highlights the incredible power of brief, meaningful interactions—what she calls "30-Second Moments." Growing up in the face of abuse, she found resilience through the small yet profound connections made by teachers, counselors, and a coach. In those fleeting moments, Denise felt valued and heard, helping her realize her own worth and paving the way for her to rewrite her story.

Through her story, Denise not only honors the educators who made a difference in her life but also emphasizes the broader impact teachers can have beyond the classroom. Her message serves as a poignant reminder that even the simplest gestures can leave a lasting legacy, inspiring others to recognize the potential for positive change in every interaction. By celebrating the heroes in education, Denise encourages us all to be mindful of the moments we create with those around us.

## LEARNING OUTCOMES

- Recognition and Appreciation: Teachers work tirelessly and celebrating them helps show our gratitude for their hard work and dedication.
- Retention and Recruitment: Recognizing and celebrating teachers can help with retention efforts by making them feel valued and appreciated.
- Boost Morale: Recognizing teachers boosts their morale and motivation, leading to increased job satisfaction and ultimately benefiting students as well.
- Meet a person who benefited from these simple 30 second moments of connection.
- Most importantly to celebrate our educators and help them see that there has always been a hero inside of them.

## 30 SECOND MOMENTS:

When a teacher becomes a hero.

### “ WHAT PEOPLE SAY ”

*"As educators, we never really know if we are making a difference. Hearing your story made me realize that maybe I am making an impact"*

*-Susan S. - Teacher*